

Trail Walk Checklist

This checklist will help you pack everything you need for a fun and safe day exploring nature.

What to wear

- Long-sleeved, light weight shirt
- Long pants
- Comfortable walking shoes
- Sun hat
- Sunglasses
- Sunscreen
- Insect repellent




What to pack

- Backpack (light weight, comfortable, 30L)
- Rain/wind light weight rain jacket
- Water (0.5L per hour of walking)
- Snacks (trail mix, protein bar, fruit)
- Rubbish bag
- Sunscreen and insect repellent
- First Aid Kit including personal medication



Credit: Visit Mandurah and Russell Ord Photography



 Grade 1	 Grade 2	 Grade 3
<ul style="list-style-type: none"> • Suitable for people with a disability or wheelchair • No hiking experience required • Flat, even surface with no steps or steep sections • Generally less than 5km 	<ul style="list-style-type: none"> • Suitable for families with small children • No hiking experience required • Harder, compacted surfaces with gentle hills and some steps • Generally less than 10km 	<ul style="list-style-type: none"> • Suitable for most ages and fitness levels • Hiking experience recommended • Rough surfaces, short steep hill sections and natural steps • Generally less than 20km